



The goal of our VAST program is to promote lifelong health and well-being of veterans with disabilities through regular participation in a VAST array of physical activities and sports.



MAINE

Research shows that regular exercise and fitness reduce stress, depression, and secondary medical conditions for persons with disabilities and often increase self-esteem, education success and quality of life.

Other Opportunities

- **Free** cookout for lunch from 12-1pm!
- Free Veterans club card for three future free ski opportunities
- FREE day-use of the YMCA at Pineland Farms

VAST opportunities for VETERANS

Veterans Appreciation Day Sat. 1/25/14 from 9am - 2pm

Pineland Farms welcomes and supports our Veterans and is offering the following FREE opportunities to ALL Veterans and their families on Veterans Appreciation Day:

- **Cross-country ski pass and ski equipment** – *equipment available for a 2 hr. time frame on a first come, first served basis, supplies limited. Please bring your own ski equipment if possible.*
- **Snow shoeing pass and equipment**– *please bring your own equipment if possible.*
- **Sledding on a groomed sledding hill** – *please bring your own sleds, limited sleds available.*
- **Skating on a cleared pond** – *bring your own skates.*
- **Group beginner classic ski instruction** offered at 10:30am and 1pm
- **Trolley tours** of the barns and creamery

*****Veterans and their families must register that day at the VAST registration table located in the Pineland Farms Market**

In case of extreme inclement weather on 1-25-14, the event will be postponed to 1-26-14. Check our website www.pinelandfarms.org/vast to confirm.

Learn a new activity or practice your skills with Army Veteran,
two-time Olympic Biathlete, and Occupational Therapist, Kristina Sabasteanski
Contact Kristina at ksabaste@maine.rr.com (207) 310-8694

Program hosted by the Pineland Farms
Veterans Adaptive Sports & Training (VAST)

For more information visit: www.pinelandfarms.org/VAST